

# SAMPLE CHART WITH NOTATIONS



Cycle Number: 1      Month(s): Jan - Feb      Year: 2019

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Weekday	T	W	R	F	.	.	M	T	W	R	F	.	.	M	T	W	R	F	.	.	
Date	1	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
Dots	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sensation				D	D	D	D	D	S	S	S	S	L	L	L	L	S	D	D	D	
Mucus Description	H	H	M	L	VL	O	O	O	4	4	6C	6C	10	10	10	10	4	O	O	O	
Sex	○	○	○	♥	○	♥	♥	♥	♥	○	○	○	○	○	○	○	○	○	○	○	♥
Cervical Position	○	○	○	●	●	●	●	●	○	○	○	○	○	○	○	○	○	○	○	○	○
Breast tenderness																			*	*	
Ovulation pain																					
Exercise							X	X	X					X	X				X	X	
Lunar Cycle	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾
Sleep (hrs)	8	8	7	7.5	7	7	7.5	6.5	7.5	7	7	8	8	6.5	7.5	7	7.5	7	7.5	8	
Headache															X						
V-steam																					
Meditation		X	X	X		X	X	X	X		X		X	X	X		X		X	X	

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Time				7:00	7:30	7:45	7:15	7:00	7:00	7:00	7:15	7:00	7:30	7:00	7:00	7:15	6:45	7:45	7:00	7:00	
Luteal phase count																	1	2	3	4	
Temperatures	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8
98°	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7
	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6
	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5
	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4
	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3
	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2
	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1
Baseline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9
	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8
	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7
	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6
	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5
	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4
	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3
	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2
	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



Daily Notes

Cycle Day	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Weekday	M	T	W	R	F	.	.	M	T	W	R	F	.	.	M
Date	28	29	30	31	2 <sup>1</sup>	2	3	4	5	6	7	8	9	10	11
Dots	●	●	●	●	●	●	●	●	●						
Sensation	D	S	S	D	D	D	D	D	D						
Mucus Description	O	4	4	O	O	O	O	O	O						
Sex	♥	○	♥	○	○	○	♥	○	○	○	○	○	○	○	○
Cervical Position	●	●	●	●	●	●	●	●	●						
Breast tenderness															
Ovulation pain															
Exercise	X	X				X	X								
Lunar Cycle	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾	☾
Sleep (hrs)	6.5	7	7.5	7	7.5	7.5	8	7	6.5						
Headache								X	X						
V-steam									X	X	X				
Meditation		X	X		X	X	X		X		X	X			

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